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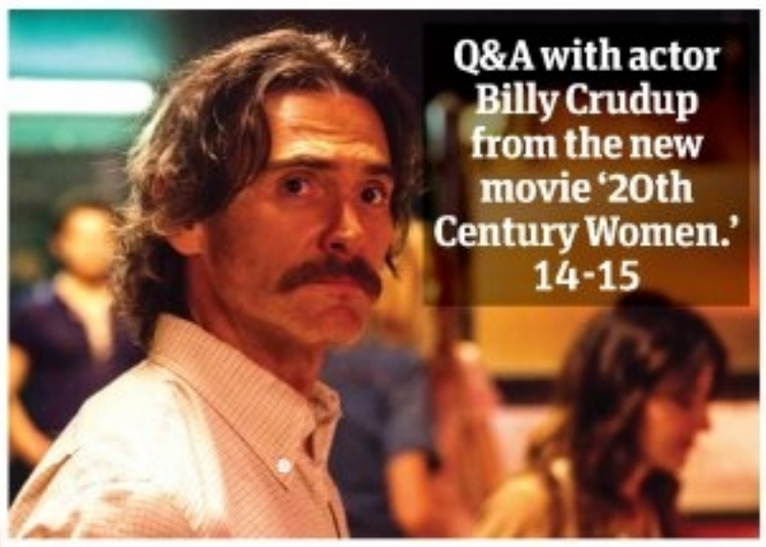

Q&A with actor Billy Crudup from the new movie '20th Century Women.' 14-15

HEALTHIER SNACKS AT THE OFFICE

Nutritious choices to get you through the day. 17

Macnow: Playoffs prove Eagles got it right. 18

WORRIED?

A member of Physicians for Social Responsibility gives Metro his take on what the Donald Trump presidency means to those working to prevent nuclear war. 4-5

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TRUMP PULLS US OUT OF PACIFIC TRADE DEAL

1 President Donald Trump formally withdrew the United States from the Trans-Pacific Partnership trade deal, distancing America from its Asian allies as China's influence in the region rises. Fulfilling a campaign pledge to end American involvement in the 2015 pact, Trump signed an executive order in the Oval Office pulling the United States from the 12-nation TPP. "Great thing for the American worker," Trump said as

he signed the order on his third full day in office. The Republican says the trade deal would have damaged U.S. manufacturing. The accord, backed heavily by U.S. business, was negotiated by former President Barack Obama's administration but never approved by Congress. REUTERS

FOX NEEDS PATRIOTS TO DRIVE RATINGS

2 Fox will have to rely on the popularity of the New England Patriots as they face the less-celebrated Atlanta Falcons if it wants to draw a record U.S. television crowd for the Super Bowl. The 21st Century Fox unit is set to broadcast the 51st edition of the National Football League's title game on Feb. 5 in what is traditionally the most-watched TV show of the year with

viewership of more than 100 million. Big Super Bowl ratings are particularly important this year as the NFL is coming off a season in which it saw its average TV audience drop by 8 percent. The league was hoping the playoffs would continue its post-U.S. election turnaround but the post-season has been filled with one-sided matchups, with an average margin of victory of 15.7 points. REUTERS

IRAQI FORCES RECAPTURE EASTERN MOSUL

3 Iraqi officials said on Monday government forces had taken complete control of eastern Mosul, 100 days after the start of their U.S.-backed campaign to dislodge Islamic State militants from the city. The deputy parliament speaker announced the capture of the east of the city, Islamic State's last major stronghold in Iraq, after a meeting with Prime Minister Haider al-Abadi.

"We completed the total liberation of the left bank of Mosul and this is a gift to the Iraqi people," said Sheikh Humam Hamoudi in a statement. REUTERS

TRUMP MEETS WITH UNION LEADERS

5 President Donald Trump holds a meeting with union leaders in the Roosevelt Room of the White House on Monday. GETTY IMAGES

SAMSUNG SAYS BATTERIES CAUSED NOTE 7 FIRES

4 Samsung Electronics Co. Ltd. indicated on Monday that its latest flagship Galaxy S smartphone could be delayed as it pledged to enhance product safety following an investigation into the cause of fires in its premium Note 7 devices. Wrapping up its months-long probe, the world's top smartphone maker said faulty batteries from two suppliers were to blame for a

product failure that wiped $5.3 billion off its operating profit. Samsung mobile chief Koh Dong-jin said procedures had been put in place to avoid a repeat of the fires as the South Korean firm prepares to launch the Galaxy S8, its first premium handset since the Note 7's demise. REUTERS

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ALEXIS SACHDEV, WEB PRODUCER

Day 4 in President Donald Trump's America, and he still hasn't released tax returns spanning several decades. Thousands have signed petitions to pressure the president into disclosing his financial information, and activists are planning protests for Tax Day. Still, Trump's top aide, Kellyanne Conway, said they can't release anything until the IRS wraps up an audit.

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Will we move closer policies set by Donald

Metro asked a leading opponent of nuclear weapons proliferation what the nation might expect of its new president.

GARY KANE
@MetroNewYork
gary.kane@metro.us

A deactivated Titan II nuclear ICMB seen in a silo at the Titan Missile Museum.
GETTY IMAGES

Dr. Philip Lederer is a member of the Physicians for Social Responsibility, an affiliate of the International Physicians for the Prevention of Nuclear War, which was awarded the Nobel Prize for Peace in 1985. Lederer is an infectious diseases physician in Boston, Massachusetts. Metro interviewed Dr. Lederer to get his take on how a Donald Trump presidency might impact the nuclear weapons climate.

What did you make of President Donald Trump's tweet last month that the U.S. "must greatly strengthen and expand its nuclear capability"?
The U.S. currently has over 5,000 nuclear warheads, over 1,000 of which are on hair-trigger alert and can be launched in minutes. Just 100 of these weapons, detonated over cities anywhere in the world, would disrupt global climate enough to cause a worldwide famine that would put two billion people at risk of starvation. This is extremely concerning.

Trump also declared during a Republican town hall in April that the proliferation of nuclear weapons is "going to happen anyway." Is proliferation inevitable?
Nuclear proliferation will happen if the U.S. and the other nuclear weapons states continue to insist that they need to have nuclear weapons for their security. If the U.S. and Russia need them, why don't other countries?

But it is not inevitable if the nuclear weapons states meet their obligations under the Non-Proliferation Treaty to negotiate the elimination of their own arsenals and work together, as they did in the case of Iran, to dissuade potential proliferators.

The choice is ours. We can have a world free of nuclear weapons or a world awash in nuclear weapons. To the medical community, it is clear which would be safer.

Do you feel the unusual mutual respect between Trump and Russian President Vladimir Putin could eventually lead to a reduction in nuclear arms by both nations?
I do hope that a U.S./Russian nuclear deal might result from this relation, and Trump and Putin have an amazing opportunity to finish what Reagan and Gorbachev started. But it is hard to imagine either the U.S. or Russia wanting to give up the weapons that make them the toughest kid on the block without a lot of pressure.

Do you think the American public would support the use of tactical nuclear weapons by the Trump administration against a terrorist organization such as ISIS?
I certainly hope they would not. We cross the red line banning the use of nuclear weapons at enormous peril. Even a limited use of tactical weapons would destroy the global consensus that has helped to prevent their use since Nagasaki.

What is the 2017 agenda of International Physicians for the Prevention of Nuclear War?
IPPNW will work with our national affiliates like Physicians for Social Responsibility here in the U.S. and with the International Campaign to Abolish Nuclear

Contact information

Information about the International Physicians for the Prevention of Nuclear War is available at ippnw.org/

Information about Physicians for Social Responsibility is available at psr.org/

to nuclear war under Trump's team?

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THE CENTER FOR ARMS CONTROL AND NON-PROLIFERATION
A glance at nuclear warhead stockpiles around the world
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Source: Federation of American Scientists
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Weapons to support the negotiations at the UN for a new treaty to ban nuclear weapons. These negotiations are the most hopeful step toward the prevention of nuclear war since the end of the Cold War, and a rare ray of light at this dark time.

What prompted you to become involved in the International Physicians for the Prevention of Nuclear War?

My 2-year-old son, Joseph Lederer. He is the light of my life, and I want him to live in a peaceful world. As a physician, I recognize that nuclear weapons are the greatest threat to human health in history. A large-scale nuclear war will mean the end of human civilization and possibly the extinction of our species. It is a miracle that we have survived the last 70 years without a nuclear war, and we cannot expect our good luck to hold out indefinitely. As physicians, we have a duty to protect our patients, and as citizens of the Earth, we have a duty to protect our children from this terrible danger.

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Protestors demonstrate against President Donald Trump outside Independence Hall in November. GETTY IMAGES

Trump visit for 'Republican Retreat' prompts protest

The president's meeting with Britain's prime minister will be his first stop in the city in more than a year.

ALEXIS SACHDEV
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alexis.sachdev@metro.us

British Prime Minister Theresa May will meet with President Donald Trump and Republican Party leaders in Philadelphia on Thursday, an event that has prompted plans for a large anti-Trump protest outside City Hall.

Organized on Facebook, the rally Resistance in Philly: Fighting for our Lives had more than 1,500 people saying they planned to attend by Monday morning. Their issue is health care, not foreign affairs. The group said it is opposing one of Trump's first official actions, which essentially calls for the end of the Affordable Care Act.

"We commit to take nonviolent direct action to resist any attempts to take away our health care," the event page says. "And whatever is on their next agenda of greed and hate, whether it's deporting our neighbors or building a racist registry — that will also not work. We will continue to stand together, resist and win."

Trump's visit to Philadelphia is his first since before Election Day. Though many of his campaign stops included the city's suburbs, the 45th president's most recent trip was a closed-door meeting with African-American voters in September 2016.

For their meeting this week, Trump and the British prime minister will attend the annual Republican Retreat, joined by GOP members of Congress. May's spokesman said she will stress to the new president the value of free trade and her support for the Iran nuclear deal. Former President Barack Obama pushed for that deal, while Trump has maligned it.

Thursday also marks a historic moment for May: She will become the first serving head of state to speak at the annual retreat, before traveling to Washington on Friday for further talks with Trump.

May's spokeswoman expects the prime minister to address the future of British-American ties. While Trump praised England's vote last year to leave the European Union — comments cheered by Brexit supporters — he has also pushed protectionist policies. His inaugural speech promise to put "America first" had some questioning the future of free trade between the two nations.

"You can expect the prime minister to be very clear during her U.S. visit on the benefits of free trade and championing them and wanting to look at what more can be done to increase that," May's spokeswoman said.

Reuters contributed to this report.

"And whatever is on their next agenda of greed and hate, whether it's deporting our neighbors or building a racist registry — that will also not work. We will continue to stand together, resist and win."

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Philadelphia councilman aims to help residents apply for tax credits

Mary Arthur, executive director of the Campaign for Working Families Inc., with two greeters at their new Center City site, The Domb Center. The office space, which was donated to the organization by City Councilman Allan Domb, opened on Monday. SAM NEWHOUSE

Councilman Allan Domb says Philly is failing to apply for millions of federal dollars.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

Real estate developer and freshman city councilman Allan Domb has what could be described as an obsession.

At random moments and unrelated news conferences, he is known to bring it up: the millions of dollars that Philadelphia residents are leaving on the table by not applying for the Earned Income Tax Credit (EITC).

"There is over $100 million in federal money that we leave in Washington, D.C. every year that could assist and help 40,000 Philadelphians," he said Monday. "This is a no-brainer. We all should be focused on this."

The councilman on Monday opened The Domb Center, a new volunteer tax assistance site in Center City staffed by the Campaign for Working Families Inc. Domb donated the office space to help people in need get tax returns and sign up for all applicable credits.

"It's not just the Earned Income credit. There are so many other tax credits for them to receive," said Mary Arthur, executive director of the Campaign for Working Families, which helped more than 30,000 families file their returns last year. "Anything that we can do to bring back as many dollars to families as we can is important to us."

According to city Department of Revenue reports from 2015 and 2016, only one out of five eligible families applies for the EITC, a federal tax benefit for low-to-moderate income working families. By the numbers, that means about 40,000 families are missing out on nearly $100 million in benefits each year, according to the Department of Revenue.

"Eighty-one percent of our children in the public school system are in poverty. The parents of those children should be looking into this system," Domb said. "There's nothing people in government can do that's more helpful than helping 40,000 people receive more dollars."

> *"Anything that we can do to bring back as many dollars to families as we can is important to us."*
> Mary Arthur

Domb, who has also chosen to donate his City Council salary to Philly public schools, pointed out that if families have more money in their pockets, those funds will likely flow back into the city's economy.

"Tell 10 people you think might qualify," he said. "We need to get this in their hands."

Want the EITC?

The Domb Center is providing free tax return services to individuals earning less than $20,000 a year and families earning less than $54,000 a year.

Applicants must bring photo ID and Social Security cards including for dependents to get assistance.

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Here at the Chamber, we embrace Philadelphia's diverse neighborhoods and want to find ways to promote economic prosperity across the city, regardless of zip code.

The driving force behind our efforts is Philadelphia's immense poverty rate of 26 percent, the highest among the nation's largest metropolitan areas.

The Roadmap for Growth Action Team is the vehicle through which the Chamber approaches this work. It was conceived in 2014 as an initiative to engage Philadelphia's business and civic communities, neighborhood organizations along with our new Mayor Jim Kenney and City Council in a shared agenda of growth and prosperity.

Under the leadership of our co-chairs David L. Cohen of Comcast Corporation and Pedro Ramos of the Philadelphia Foundation, our goal is to engage and unite Chamber members through the wide array of leaders that make up the Roadmap for Growth Action Team with civic and neighborhood organization leaders in the development and execution of a pro-growth, pro-jobs agenda to lift and improve Philadelphia's economic and civic life.

The primary goals of the Roadmap for Growth Action Team are:

To advocate for policies that contribute to the city's economic and civic well-being, including education and workforce, infrastructure and civic engagement. To build a coalition of businesses, nonprofits, civic and neighborhood organizations that care about Philadelphia's economy and residents' quality of life. And also to take an active role in addressing critical needs and issues and support economic opportunity across race, gender, and ethnic boundaries.

We want to achieve these goals with integrity, giving credit to those who offer ideas and solutions, and with transparency and accountability, using knowledge and research-based decisions to reach measurable outcomes.

Our job as business people, civic leaders, politicians and residents is to uplift all areas of our city.

If you are interested in being a part of the conversation, please email me at rwonderling@chamberPHL.com. Rob Wonderling is president of the Chamber of Commerce of Greater Philadelphia.

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Trump rejects lawsuit over foreign payments to his firms

The lawsuit seeks to stop Trump from accepting any improper payments, saying a constitutional provision known as the "emoluments" clause bans them.

President Donald Trump on Monday dismissed allegations in a new lawsuit by prominent constitutional and ethics lawyers that he is violating the U.S. Constitution by letting his hotels and other businesses accept payments from foreign governments.

Trump told reporters at the White House that the lawsuit filed earlier in the day by Citizens for Responsibility and Ethics in Washington was "without merit."

The nonprofit watchdog said Trump is "submerged in conflicts of interest" from his ties to countries such as China, India and potentially Russia, and that payments for such things as hotel rooms and office leases posed conflicts of interest for him.

As the Constitution's framers were aware, "private financial interests can subtly sway even the most virtuous leaders, and entanglements between American officials and foreign powers could pose a creeping, insidious threat to the Republic," CREW said in its complaint.

The lawsuit was filed in U.S. District Court in Manhattan.

President Donald Trump GETTY IMAGES

It is part of a wave of expected litigation from liberal advocacy groups against Trump, a Republican who took office on Friday.

On Jan. 11, Trump said he would retain ownership of his global business empire while president, but hand off day-to-day control to his oldest sons, Eric and Donald Jr..

Sheri Dillon, a Trump adviser and partner at the law firm Morgan Lewis & Bockius, said at the time the emoluments clause applies to gifts, rather than ordinary business payments such as hotel bills.

She also said that profit generated by Trump's hotels from foreign governments would be donated to the U.S. Treasury.

But CREW said Trump's refusal to cede ownership or set up a blind trust, as urged by the U.S. Office of Government Ethics, leaves him "poised" to violate the Constitution repeatedly while in the White House.

The emoluments clause forbids Trump and other U.S. officeholders from accepting various gifts from foreign governments without congressional approval.

U.S. District Judge Ronnie Abrams, an appointee of former Democratic President Barack Obama, will preside over CREW's lawsuit. REUTERS

TOP COURT

White House says to have Supreme Court nominee in next couple of weeks

President Donald Trump will announce a nominee in the next couple of weeks to fill a vacancy on the U.S. Supreme Court, the White House said on Monday.

"I think we'll have a nomination within the next couple of weeks. He continues to make that a priority of his," White House spokesman Sean Spicer said at a news briefing.

Earlier this month Trump said he would pick from among 20 candidates suggested by conservative legal groups to fill the vacancy caused by the death of conservative Justice Antonin Scalia in February last year. REUTERS

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Senate committee backs Tillerson as secretary of State

President Donald Trump's choice for secretary of state, former Exxon Mobil Corp. Chief Executive Officer Rex Tillerson, narrowly won approval from a Senate committee on Monday but is expected to win confirmation from the full Senate.

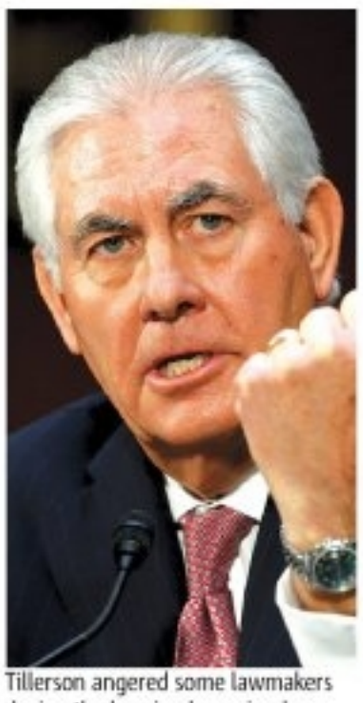
The U.S. Senate Foreign Relations Committee voted 11-10 to approve Tillerson, with every committee Republican backing Tillerson and every Democrat opposing his nomination.

His backing by the committee had been in doubt until earlier on Monday, when Republican Sen. Marco Rubio, a committee member, said he planned to back Tillerson.

His confirmation vote in the 100-member Senate, where Republicans hold a 52-seat majority, is not expected before next week.

Rubio said he was troubled by Tillerson's comments during his confirmation hearing regarding Russia as well as other countries, but that he ultimately decided he would vote to approve the nominee in deference to Trump, as well as to fill a critical top job.

Democrats who voted against Tillerson said their concerns included fears that he might move to lift sanctions on Russia, where he did business for years as an Exxon executive, questions about his views on human rights and unhappiness that he would not promise to recuse himself from matters related to Exxon during his entire term as the top U.S. diplomat.



Tillerson angered some lawmakers during the hearing by saying he did not know that Exxon Mobil had lobbied against Russian sanctions. GETTY IMAGES

Tillerson said during his hearing that he would recuse himself only for the one year required by law.

Sen. Ben Cardin, the committee's ranking Democrat, said Tillerson's "business orientation" and responses at his hearing "could compromise his ability as secretary of state to forcefully promote the values and ideals that have defined our country and our leading role in the world for more than 200 years."

REUTERS

NO MORE LIES

Trump's press spokesman promises reporters 'never to lie'

President Donald Trump's press secretary promised reporters on Monday that he would never lie after a weekend briefing in which he made statements about the crowd size for Trump's inauguration that were debunked.

In comments to reporters on Saturday that became known as the "alternative facts" briefing, White House spokesman Sean Spicer declared that Trump's crowd was "the largest audience to ever witness an inauguration — period."

That assertion was disputed on social media because aerial photographs showed the crowds at Trump's swearing-in on Friday were smaller than Barack Obama's first presidential inauguration in 2009.

Spicer's statement drew further criticism after Trump adviser Kellyanne Conway said on Sunday the White House had wanted to "put alternative facts out there" to counter what she said was a biased media.

At his first formal White House briefing on Monday, Spicer was asked by a reporter if he intended to always tell the truth from the lectern.

"Our intention is never to lie to you," he replied.

Spicer defended his right to give the administration's point of view.

He said he had been including television and online viewers in his remarks on Saturday about the size of the inauguration crowd. He told reporters that Trump and his advisers had been frustrated by "demoralizing" coverage that he called a "constant attempt to undermine his credibility."

"I want to have a healthy relationship with the press," Spicer said, taking questions for more than an hour. REUTERS

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John Legend responds to racist paparazzo

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John Legend has spoken out about the paparazzo that compared him to a monkey.

Last Thursday, the "Love Me Now" singer and wife Chrissy Teigen touched down at JFK Airport, and were verbally harassed by a bonehead paparazzo. Teigen immediately took to Twitter to recount the experience, writing, "Paparazzi at JFK just asked me 'if we evolved from monkeys, why is John Legend still around?' ... Also, John is right next to me. The balls."

Appearing at Sundance on behalf of "Underground," which he executive produced, Legend got real about the experience with Variety.

"Black folks have had to deal with being called monkeys for a long time, and dehumanization has always been kind of a method of racism and subjugation of black people and that's just part of American history — and it's part of the present, apparently." He continued, "I'm not hurt by someone saying that to me because I'm smarter, I'm stronger." Let's get a couple of things straight: Calling black people monkeys, or even associating their appearance with apes is racist AF, period. It's literally never acceptable. Second of all, John Legend is super, super fine and extremely, very talented. If you want something to shout at him, call him "sweet cheeks" or "very beautiful" or "a sight to behold." Maybe shout out, "Hey! I really loved your debut studio album 'Get Lifted!'" You know, something positive and nice and not racist and awful. Just a suggestion.

the word

RACHAEL CLEMMONS

Liam Payne's close call at a Hollywood nightclub

Liam, my sweet baby, are you OK? Shots were fired outside of the illustrious Peppermint Club in West Hollywood, and the one-time One Direction member was inside, and if anything were to happen to that precious child, I swear to Dumbledore. TMZ reports that an unidentified man attempted to get in with a fake ID, and when he was denied he made his way to the parking lot where he fired several shots into the air. Police found multiple shell casings on the ground after he fled the scene. Nobody was hurt, and Liam reportedly left about 30 minutes after the incident. Thank goodness the ex-boy-bander is safe: he's expecting his first child with girlfriend Cheryl Cole this year.

Stacey Dash is fired from Fox News

Stacey Dash — who won our hearts a mere 22 years ago as Dionne in "Clueless," and then stomped on our hearts by being one of those people that say crazy, unhinged things for attention — has officially been fired from Fox News. Karma's a b—, ain't it?

Dash has made herself into quite the controversy-ridden conservative pundit, but she hasn't been seen on air since last September. She debuted on Fox News in May 2014, and in her brief time with the network she both made an expletive filled rant about Barack Obama and made disparaging, transphobic remarks about Caitlyn Jenner. What a cool lady!

Let's be honest. Dash mostly just revels in the attention she gets from making ignorant statements on Twitter. Taking away her biggest platform is probably the only good thing Fox News has ever done.

One more quick thing, though: As of Monday, Jan. 23, her profile still lists her as a Fox News contributor, so it looks like she's not in denial at all and is taking the news really well.

Iggy Azalea has a new boo, and he's very handsy

Iggy Azalea is still around and apparently, she has a new boo boo. The "Fancy" rapper was spotted making out with music producer LJay Currie on a yacht — a freaking yacht! — during a super-duper, well, fancy vacation in Mexico. It's been a minute since we've seen Azalea, who has been keeping a pretty low profile since her split with fiance Nick Young. She publicly blasted Young for very messily cheating on her.

Nobody really knows who this new dude is, but Us Weekly notes that he is a "burgeoning musician," and also that he has "tattooed biceps," for what it's worth. Azalea was previously linked to Khloe Kardashian's ex, French Montana.

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NBC10 weather team named 'most accurate' in the Philly region

WeatheRate provided the ranking.

JENNIFER LOGUE
@jenniferlogue
jennifer.logue@metro.us

The NBC10 First Alert Weather Team of meteorologists: from left, Erika Martin, Glenn "Hurricane" Schwartz, Krystal Klei and Bill Henley. NBC 10

No one likes surprises when it comes to the weather. Running off to work without an umbrella or getting caught in a snowstorm is enough to put a damper on anyone's day.

Now you can rest a little easier knowing that NBC10's First Alert Weather Team has been named the "most accurate" forecaster covering the Greater Philadelphia region.

Made up of Glenn "Hurricane" Schwartz, Bill Henley, Erika Martin and Krystal Klei, they have 80 years of forecasting experience, collectively.

The most accurate ranking was provided by WeatheRate, an independent weather verification company that's been in operation since 2003.

Bruce Fixman, president of WeatheRate, says in a press release:

"Forecasting weather in the Philadelphia market is not easy. We've been watching Glenn, Bill, Erika and Krystal earn our accuracy seal of approval more than other stations in southeast Pennsylvania since we started tracking forecasts 13 years ago."

Meteorologist Glenn "Hurricane" Schwartz also comments:

"We refuse to just rely on computer-generated forecasts. Our First Alert Neighborhood Weather involves updating 60 different forecasts every day."

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Billy Crudup can fake-learn new skills

Billy Crudup plays William, a masculine but sensitive fixer-upper who finds himself living in a house with mostly females in "20th Century Women," now in theaters. A24

The actor cannot fix your car after playing a handyman in "20th Century Women."

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

In "20th Century Women," Billy Crudup plays the token adult dude. He's William, a 40-something mechanic and handyman who's moved into a house in 1979 Santa Barbara. His landlord is Dorothea (Annette Bening), a lefty matriarch whose tenants also include a cancer-survivor (Greta Gerwig) and a teenage girl (Elle Fanning), plus Dorothea's teen son (Lucas Jade Zumann). The movie follows them as they live their lives, coping with times that are about to change. The self-effacing Crudup talks to us about playing a guy who's good around the house — and how that didn't change his life.

I remember you saying you can't play guitar even after playing guitarists in "Almost Famous" and "Rudderless." Can you still

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not fix a car or put up dry wall after doing that in "20th Century Women"?
I have to say that one of the great virtues — and also drawbacks — of acting is you get the opportunity to learn how to fake new skills. People are always under the impression you actually learned a new skill. That's not true at all. I don't know how to do any of the s— I've ever done on camera. But I do know how to fake doing stuff really well. So I can fake-fix your car, and fake-fix your wall, and fake-make you a pot. I couldn't tell you the first or second step in how to do any of it. With a car, I open the — what do you call that thing? — the hood, then you tinker around in there, and then they yell "cut."

So, tell me how one excels at fake-learning new skills.
You talk to the guy, who says, for example, "You put this wire with this wire." You don't actually have to understand why you're doing it. You do the action, you pretend you know what you're talking about, and then you're done! It's pretty much the trick for every part of acting, whether it's feelings or engine wiring.

Obviously, not every actor feels the same way.
I know some actors — professionals — who do learn how to do this s—. I'm more of a fake-it kind of guy.

Daniel Day-Lewis goes super-duper Method. For "The Crucible" he learned how to build 17th-century houses. That was clearly foolish.
How many times have I said that! [Laughs] Come on! He's gotta find a hobby.

Seriously, when is learning how to build old-timey houses going to come in handy?
Never! Unless he has to build a bookshelf for all his awards.

But seriously ...

One thing you might know something about is 1979, when this film was set. You were 10 or 11 then, so you probably weren't listening to, say, all the great music that's in this film.
Unfortunately, I was not terribly hip at the time, so I was not aware of the music scene. But I was very aware of the political scene. The household I grew up in, there were a lot of opportunities to talk about politics. At the time, sexual politics were changing pretty dramatically; they were in the midst of an upheaval. American men in general were struggling to find a way to find what their role was going to be in the modern age.

That left a lot of people like William behind. He was incapable of finding the words or the models to manage this new life. William lucked into his relationship with Dorothea, because she ended up being the linchpin helping him define himself anew. Without that encounter, I don't know if he would have moved on to another relationship and another chance to grow up. I have the sense he might have been fixing houses, for lack of a better gig, for the rest of his life.

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4 New queens of style to follow

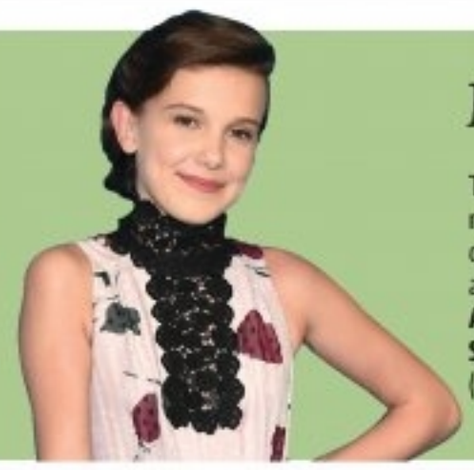
LUZ LANCHEROS / MWN

Elle Fanning

"The Neon Demon" star oozes ladylike teen spirit style, creating accessible, quirky outfits that make her look like one of the chic girls from "The Virgin Suicides."
Age: 18
Social media: @ellefanning
(Instagram) 777k followers

Ruth Negga

The Ethiopian-Irish actress is now in the spotlight for her role in 2016's historical drama "Loving." With her stylist Karla Welch, the 35-years-old creates eclectic, feminine looks bursting with textures and colors. Negga loves Valentino, Prada and Rodarte.
Age: 35
Social media: @_ruthnegga_
(Nonofficial Instagram) 1.4k followers



Millie Bobby Brown

The English actress has become a style icon and she's not even 13. The "Stranger Things" star is a regular on best dressed lists that laud her glamorous-yet-age-appropriate looks.
Age: 12
Social media: @milliebobby_brown
(Instagram) 2.1m followers

Janelle Monae

This has been quite the year for the singer-songwriter and "Hidden Figures" actress who loves prints and strong silhouettes. Hats, Balenciaga capes and color blocks are just some reccurring themes that make up her distinct, signature look.
Age: 31
Social media: @janellemonae
(Instagram) 1.3m followers

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Eat healthier at work

How to power through the day without hitting the snack machine.

KATE MOONEY
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well-being

Getting through each workday is challenging, to say the least. There are pressing deadlines, personality conflicts, difficult clients. Then there's your own fluctuating level of enthusiasm and energy, dependent upon anything from your personal life to how much sleep you got. Another influencer: what you're eating throughout the day.

Rebecca Scritchfield, a Washington, D.C.-based nutritionist and author of "Body Kindness," believes that the food choices we make are key to our health and happiness.

"When it comes to work and productivity, food is going to be the fuel that lasts us through a long workday, basically until we get home and can have dinner. Being able to choose quality food matters," she says.

We asked Scritchfield for advice on what to eat to better sustain us throughout the day, from a mid-morning snack to a late afternoon pick-me-up, plus how to avoid unwanted stress eating and sugar crashes courtesy of the vending machine.

Mid-morning snack

For when the morning's caffeine buzz is wearing off and lunch is still at least an hour away, try a snack of banana with peanut butter, or a serving of yogurt — and make it full-fat, "which increases your satiety, your body's signal to stop eating," she explains.

Instead of a greasy bag of chips, try pistachios, which are full of fiber, protein, healthy fat and can serve as stress relievers by virtue of the way you consume them. "You have to crack each one open, which gives you something to do with your hands, and slows down your eating," she says.

Late afternoon pick-me-up

Around 4 p.m., it's common for energy and focus to drop. If you're feeling distracted or peckish, these snacks can help you power through.

Try crunchy, hydrating veggies — baby carrots, grape tomatoes, mini cucumbers — dipped in hummus, a great source of protein and healthy fat. "Think of it as dinner one. You want something savory and chances are you didn't get enough veggies yet in your day," says Scritchfield.

Alongside the veggies, enjoy the hummus with a (small) portion of pita chips or pretzels for the salty, carbohydrate fix you might be craving.

Scritchfield stresses B vitamins as essential to harnessing energy, explaining that they're often the pump-up ingredients in junky, sugar-filled energy drinks. Instead of a Red Bull, have a snack of vitamin B- and protein-rich jerky.

For another lean protein boost, Scritchfield loves tuna packed in olive oil, in the jar or can. She recommends filling avocado halves with tuna and enjoying with a spoon. (It could also serve as a last-minute mini-lunch). Bonus: Tuna is a great source of omega-3 fatty acids, which benefit your heart, skin and bone health.

If your sweet tooth is kicking in

Instead of a Snickers, opt for trail mix with nuts, dried fruit and dark chocolate. Scritchfield suggests making your own in bulk, then portioning out into small baggies for the week.

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NFL PLAYOFFS PROVE WENTZ MOVE WAS THE RIGHT ONE

Eagles fans hope Carson Wentz has a long, productive NFL career just like Philly-area native Matt Ryan. GETTY IMAGES

THE SPORTS PROFESSOR

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Random thoughts while sleepwalking through six hours of NFL blowouts this weekend:

Wentz was right

If the playoffs prove anything, it's the necessity of the franchise quarterback. The Final Four teams boasted three Hall of Famers and a fourth, in Matt Ryan, who was the league's top player in 2016.

This is why the Eagles were smart to give as much as they did for Carson Wentz last offseason. You may not think Wentz has star potential — but I sure do. And with no top QB prospects coming out this year, the timing was right.

Here are the age-25-and-under NFL signal callers worth a damn: Derek Carr, Jameis Winston, Marcus Mariota, Dak Prescott … and Wentz. That group will soon start winning its share of Super Bowls.

Wherever you Rowe

On the other hand, watching Eric Rowe start at CB for the Patriots in the Super Bowl only reminds us the Eagles are prone to rash personnel decisions. On Monday, Howie Roseman went on 94-WIP trying — not very successfully — to defend the trade of a second-year player with promise. Roseman seemed to concede he may have made a mistake there.

It seems clear Roseman is covering for defensive coordinator Jim Schwartz, who soured on Rowe and favored Leodis McKelvin, his old CB from Buffalo. Rowe slid down the Eagles depth chart and was eventually traded for 50 cents on the dollar.

McKelvin, frankly, reeked in 2016. Meanwhile, Rowe may soon be sporting a Super Bowl ring. Oh, and he cost $2 million less than McKelvin this season.

For Christie's sake

I don't live in New Jersey, so I won't comment on Chris Christie's work as governor. But as a sports fan, he's the worst there is. Christie grew up 25 miles west of Manhattan but, like other lost souls and schoolyard wimps, declared his childhood love for the Cowboys. Probably had a cheerleader poster over his bed and spent afternoons practicing drawing the star.

More recently, he's been the barnacle in Jerry Jones' box, seeking man hugs when his beloved Cowboys find success.

I've never understood folks — let alone a state's leader — who root against the common interest of their communities. But Christie last week trolled thousands of his constituents, calling Eagles fans "generally awful, sad people." Funny, he didn't mind them a few years back when he was trawling through South Jersey for votes.

Kelly watch

Yes, Chip Kelly was at Patriots practice last week, the guest of Bill Belichick. No, there isn't confirmation he drew up that fea-flicker Tom Brady threw for a TD to Chris Hogan.

Kelly has put out word he doesn't want to return to college coaching and would take an assistant's job in the NFL next season. The Patriots make perfect sense, even if offensive coordinator Josh McDaniel stays. Look for Chipper as that mysterious "special assistant" to Belichick, rehabbing his image and career.

Final thought

And if I'm Belichick, I place a call to Doug Pederson asking how the Eagles kept Atlanta to 15 points and 11 first downs back in November. Come to think of it, I'd love to know the answer to that one myself.

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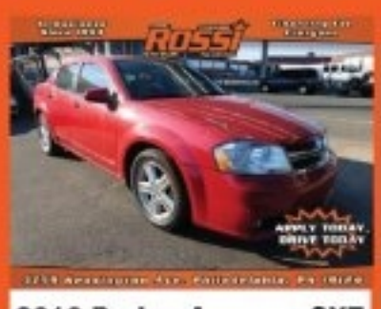
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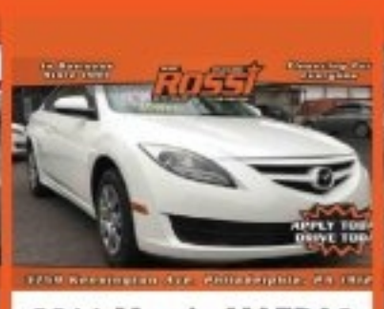
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Tommy Joseph split time at first with Ryan Howard in 2016 and put up solid numbers as a rookie. GETTY IMAGES

Phillies' Joseph will compete, if he has to, for first base job

Heading into his second MLB season, the infielder knows nothing is guaranteed.

KYLE PHILLIPPI
@Kyle_Phillippi
sports@metro.us

Tommy Joseph knows what's ahead. … He also knows what's behind him.

"Brock Stassi," Joseph said of the Lehigh Valley star. "He's an incredible ball player."

"Rhys Hoskins," continued Joseph, going down the organizational depth chart at first base in his head.

"Kyle Martin," he concluded.

As Joseph rattled off the list of talented prospects at his position during the final media availability before the Phillies head south for spring training, he never broke stride with his ultimate message.

"We've got studs in this organization," Joseph said. "They're going to take the same approach in spring training so there's no reason for me not to. We're competitors. We're all going to compete for the same spot."

Joseph won't breathe a sigh of relief knowing that the starting spot belongs to him if he wants it heading into the 2017 campaign. He listened to what management and his coaches told him before departing home to Phoenix for the winter.

The 25-year-old says he improved his footwork, specifically with his quickness by doing plenty of jump rope exercises, as well as fine-tuning his swing. As manager Pete Mackanin hinted at on Wednesday, that has a bit to do with shortening the swing and looking to drive the ball the other way more frequently.

"A lot of guys don't have the proper technique to do it," Mackanin said. "Matt [Stairs] and I have talked about it, and that's going to be a big thing for us."

After dealing with a slew of injuries, including a concussion that knocked him out for much of the 2013 season, Joseph burst onto the scene thanks to a .347 average in Lehigh Valley that caught the attention of the big league club.

Joseph batted .257 with 47 RBIs and 21 HRs in 107 games as a rookie.

"Tommy Joseph came out of nowhere," Mackanin said. "There's a lot to be excited about there. He was off the map and he did enough to warrant a real good, strong look this year and hopefully he can improve and take baby steps to being a final product."

The always humble Joseph is ready for that challenge. He's been facing obstacles throughout his career, so taking a stranglehold on a starting spot is just another task in front of him.

He knows what's coming behind him, making it all the more challenging. Mackanin mentioned how the team is always looking for the next Tommy Joseph, someone who forces himself onto the scene just as he did during Ryan Howard's farewell tour.

"In a way I guess you could say it's going to be a little more comfortable because I'm on the big league side of things," Joseph said. "But the job still has to be earned, nothing is going to be given to me."

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28 "-- -- Old Cowhand"
32 Whisper loudly
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35 Irene of "Fame"
36 Sporty truck
37 U.K. country
38 Speaker pro --
39 Joker or ace
41 Decree
43 Fish-eating flier
44 Lightweight toy
45 A thousand G's
46 Not in the country
48 Unattach
50 Globe features
51 More than one
54 Operates a ferry
55 Right-triangle side
57 In that case (2 wds.)
61 Bearded flower
62 Pounds the keys
63 XII, on a sundial
64 Advanced, as cash
65 Barely enough
66 Firms up

Down
1 Engine part
2 Menu term (2 wds.)
3 Debussy subject
4 Farm vehicles
5 More noisy
6 Non-earthling
7 Rackets
8 Dow Jones fig.
9 Saves from disaster
10 Plastic
11 "Instead of" word
12 Depot info
13 Yield, as territory
19 Chum
21 Not up to snuff
23 Rum drink (2 wds.)
24 State boldly
25 Beat around the bush
26 Norris or Berry
27 Tennis great Ivan --
29 She runs the house
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40 Thaw
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43 VCR function
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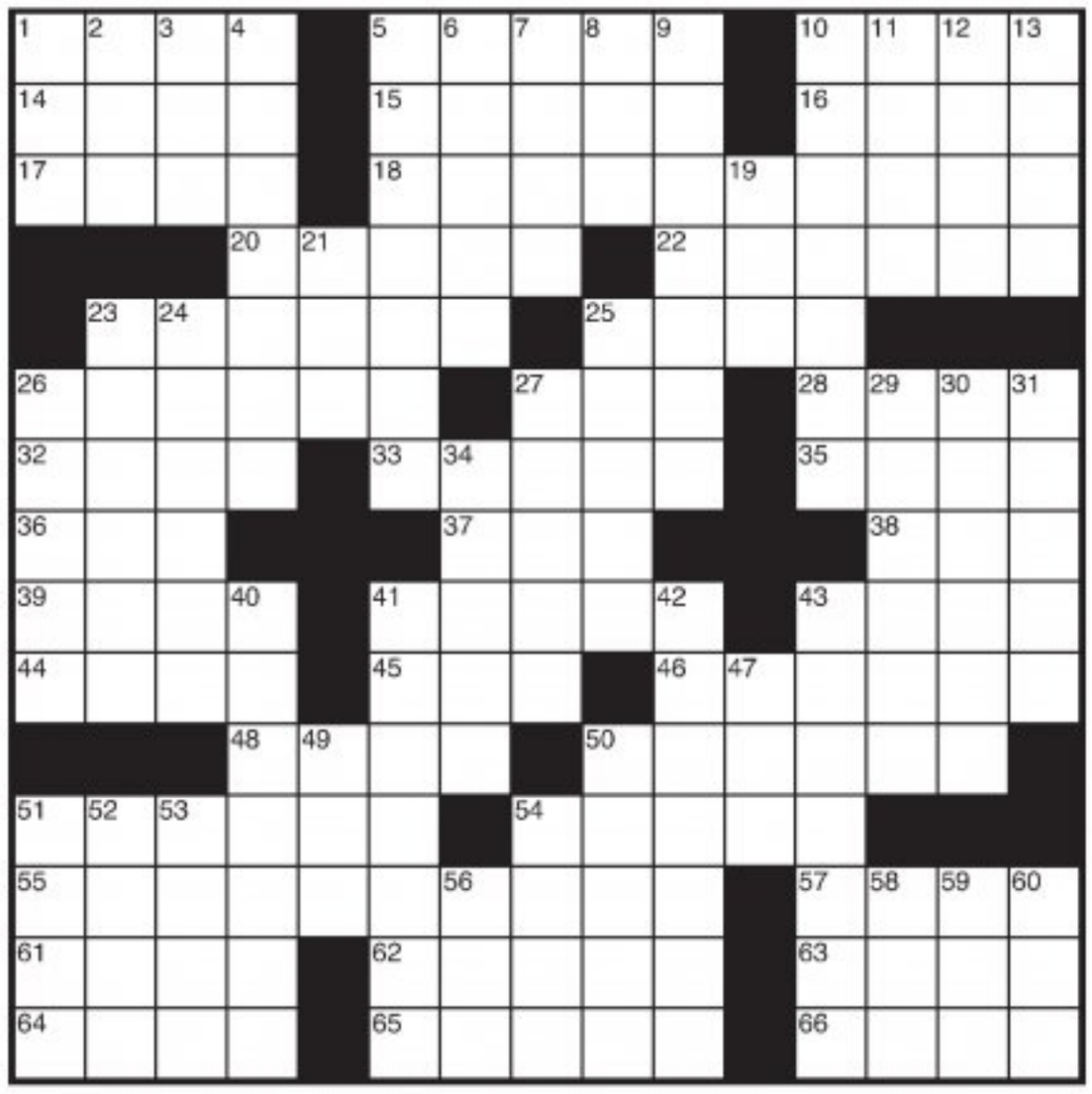
50 Ole of "Hellzapoppin'"
51 Noted groundhog
52 Harp kin
53 Go -- -- smoke
54 Cocoon dweller
56 Wall St. locale
58 Hostile party
59 Our sun
60 Add- -- (extras)



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easy

3	9		6				5	
		1					4	
		6		3	8			1
		4	2	8		1		
5				1				3
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	7					5		
	8				5		6	2

hard

	2	9		6		7	3	
			5				8	
		8		9		1		
	8	2	3			9		
	1						4	
		4			7	6	2	
		5		1		3		
	4				5			
	6	1		2		8	5	

metro.us/horoscopes

Aries Observation and experimentation can be great teachers. Live and learn without venturing too far from home. Problems while traveling can be expected.

Taurus Use the information you collect to help you make personal gains. Be cautious when dealing with institutions and government agencies.

Gemini Anger is best contained. You may not like what others do, but it's in your best interest to bide your time. Concentrate on personal growth and positive interaction.

Cancer Don't be tempted to alter your lifestyle just because someone else does. Do what makes the most sense and brings you the most joy. Romance are encouraged.

Leo Don't let anger or disappointment take charge. You need to control your temper and focus on taking action instead of wasting time in arguments.

Virgo Sign up for an event or network with people in your industry. It's important to keep up with the most recent trends. Your charm will capture attention.

Libra Sudden and unexpected changes will take you by surprise. Be careful how you handle domestic and partnership situations that can influence your security.

Scorpio Explore your creative ideas and test your theories. A physical change will help you distance yourself from someone who has a negative influence on your life.

Sagittarius Don't take risks that can hurt you emotionally, physically or financially. Express your thoughts and gain approval in order to make a transition easier for you.

Capricorn Don't be fooled by what others do or say. Follow your heart and your plans. Refuse to let unexpected changes lead you astray.

Aquarius You can make a difference if you bypass negative people. Stay focused on bringing about positive change and making new beginnings.

Pisces Good intentions will not be enough if you don't follow through with your plans. Money will slip through your fingers. Don't take on a financial burden. EUGENIA LAST

Yesterday's answers

■	M	H	O	■	R	I	C	C	I	■	W	E	D	■
B	E	A	T	■	A	C	O	R	N	■	O	P	A	L
O	M	I	T	■	R	E	D	I	D	■	L	E	N	A
B	O	R	O	D	I	N	■	B	U	F	F	E	T	S
■	■	■	M	O	T	I	F	■	C	R	I	S	E	S
L	I	T	A	N	Y	■	E	L	T	O	N	■	■	■
A	T	O	N	E	■	A	L	E	E	■	G	O	T	H
D	E	N	■	E	B	B	T	I	D	E	■	K	E	A
S	M	E	E	■	R	E	P	S	■	G	O	L	L	Y
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E	R	S	A	T	Z	■	N	E	W	E	L	■	■	■
M	E	M	P	H	I	S	■	K	E	T	C	H	U	P
T	H	I	S	■	E	L	S	I	E	■	A	E	R	O
S	A	L	E	■	R	O	U	N	D	■	N	E	E	D
■	B	E	D	■	S	W	I	G	S	■	S	L	Y	■

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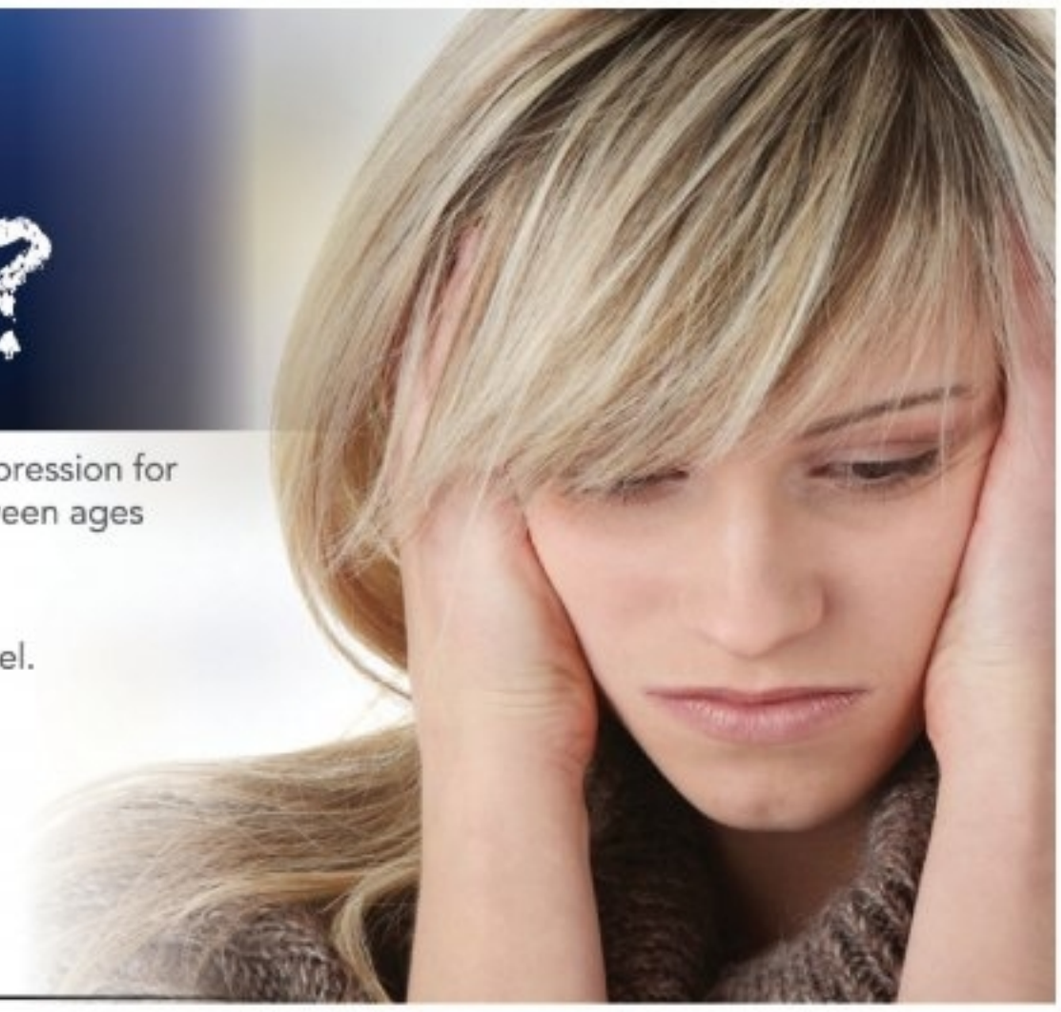

PRA Health Sciences in Marlton is now seeking mothers with postpartum depression for a clinical research study. Qualified participants for this study should be between ages 18 and 45, with postpartum symptoms for the past six months or less. In addition, participants should not be pregnant.

Those who qualify for this study may be compensated for their time and travel. Transportation is available. To learn more, visit volunteers.prahs.com or call 844-PRA-PINK (844-772-7465).

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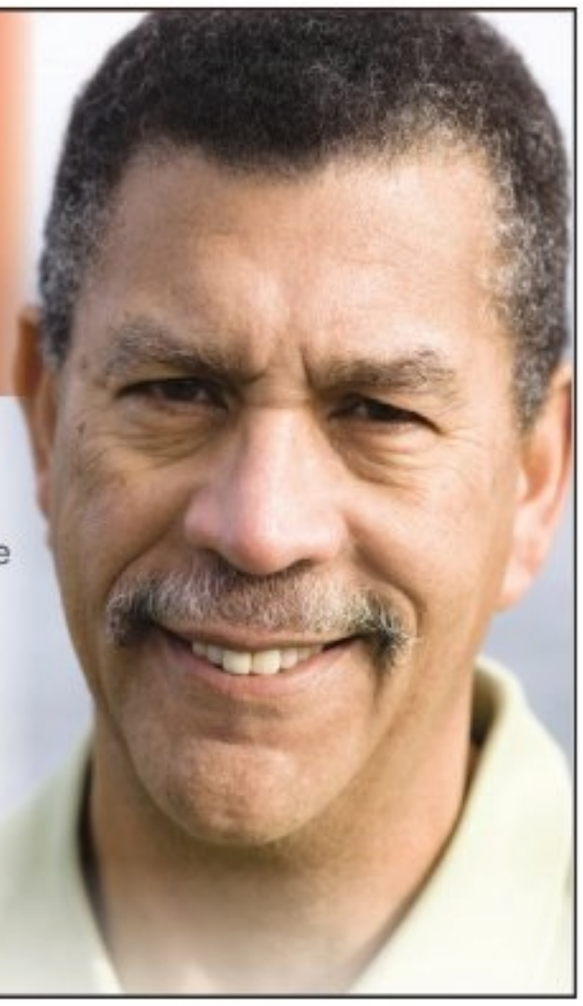

PRA Health Sciences in Marlton is now seeking individuals with mild Alzheimer's disease for a research study. To qualify for this study, individuals should be male or female between ages 55 and 85. Other than mild Alzheimer's, they should be in general good health. Females should be postmenopausal for at least one year or surgically sterile.

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